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Bangalore Mirror

TEMP Max 26 | Min 16 | Humidity 52% Partly Cloudy Sensex 79,223 | Nifty 24,004 | Gold 77,320 | Silver 89,275 | Dollar 85.79 | Euro 88.28 | GBP 106.47

EVEN FLOW

BWSSB plans to build 17 sewage treatment plants as amount of wastewater to increase after Cauvery Stage V project

PAGE 4

COLD SHOULDER

City experiencing colder-than-usual week, with minimum temperatures expected to dip 2-3 degrees C below seasonal average

PAGE 5

In 17,000 cyber fraud cases, 7,000 have women victims. Sextortion cases can prove double whammy for women as perpetrators of these crimes are usually individuals known to victims

DANGEROUS LIAISONS

Impersonation, unsolicited advances, data breaches among online threats

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Cyber fraud cases have surged across the country, and women find themselves facing a double whammy. Of the 17,000 reported cyber fraud cases in 2024, in a shocking 7,000 cases, the victims were women -- and the trend underscores the vulnerabilities women face online, ranging from financial scams to the emotional trauma of sextortion.

The rise of sextortion cases

Sextortion has become one of the most prevalent cybercrimes targeting women. Miscreants often gain access to private photos or videos through hacking, stolen devices, or deceitful relationships. They then use this content to blackmail victims, threatening to post it online if their demands, usually for money, are not met.

In several cases, these perpetrators are individuals known to the victims, such as ex-partners, colleagues, or acquaintances. For instance, a Bengaluru woman recently filed a complaint after

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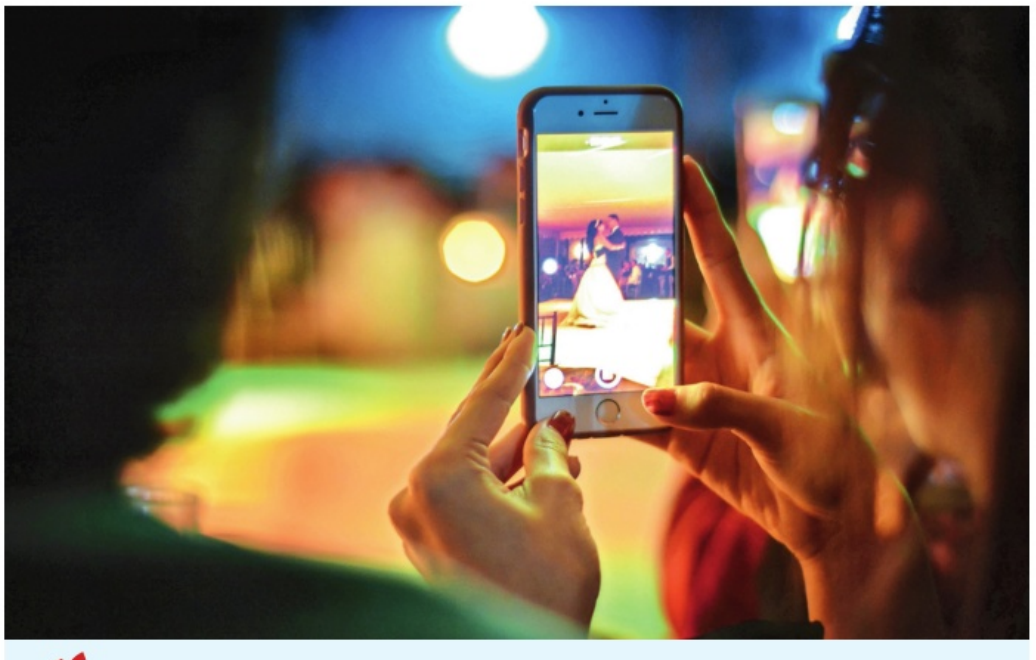

"Sextortion is a growing concern where women are being targeted and exploited, often by people they know and trust. These miscreants use private photos and videos to intimidate and blackmail victims —Police official

Painkiller... or bird killer

Banned drug that is toxic to vultures still in rampant use in city, say experts

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Even as the popular painkiller Nimesulide has been banned in India, experts say the real challenge would be successful implementation of the ban to help revive the dwindling vulture population.

Conservationists say the use of Nimesulide, an alternative to Diclofenac, the main drug that brought down the vulture's population drastically and was banned in 2006, is in rampant use in Bengaluru and the surrounding areas.

"It is important to sensitise the veterinary community, especially young and budding veterinarians about the crucial role that vultures play in the ecosystem. Many veterinarians still consider it as a conspiracy theory due to lack of information and awareness," said a vulture conservationist.

Experts say that while the recent ban is a welcome step, there is a need to test the toxicity of every veterinary drug to vultures before it is licenced for use.

"A toxicity test which is done for all the drugs including veterinary and humans also. There are effective safe alternatives that are also manufactured by many companies, so we hope that these drugs (Meloxicam and Tolfenamic acid) will now gain popularity with veterinarians and farmers. These two drugs have also been tested by the Indian Veterinary Research

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Nigam's musical charm

Sonu Nigam Live is an electrifying concert featuring the legendary Indian playback singer Sonu Nigam. Known for his soulful voice and versatility, he performs a mix of Bollywood hits, romantic songs, and Kannada chartbusters. With a captivating stage presence, live orchestration, and fan-favorite tracks, the event promises a musical journey spanning decades. **Where: Phoenix Marketcity, Whitefield; When: February 23, 7.30 pm**

02 Japan Habba

Attend the biggest celebration of Japanese culture in India. For its 20th anniversary, Japan Habba celebrates "Everything Japan." Japan Habba is home to 4+ stages, 30+ events and experiences, and 70+ stalls and experience zones that bring the sights, sounds and tastes of Japan to Namma Bengaluru. **Where: Chamara Vajra; When: January 12, 10 am**

03 Circus and acrobats

Olympian circus is back with another show in the city. Attend to witness some international acrobats and gymnasts performing at the Olympian circus. **Where: Exhibition Ground; When: January 10– February 10, 4 pm and 7 pm**

04 Sonu Venugopal live

New Kannada standup comedy by the infamous Sonu Venugopal titled, 'High risk, low returns,' promises to make you catch your sides. **Where: Dr BR Ambedkar Bhavan; When: January 18, 4 pm**

05 Vijay Prakash's evening

Join for an unforgettable evening of music and purpose at St Martha's Gala Nite, 2025, featuring the sensational playback singer and music composer Vijay Prakash, renowned for his soul-stirring performances and iconic hits like "Jai Ho" from Slumdog Millionaire, which won an Academy Award and Grammy. **Where: St Martha's Hospital; When: January 11, 7 pm**

Advisory issued for HMPV precautions

The Karnataka Health Department has issued an advisory addressing concerns over the Human Metapneumovirus (HMPV), a respiratory illness that has been reported severely in China, particularly affecting children and the elderly during winter.

Schools across Karnataka have also taken proactive steps by sending messages to parents, advising them to ensure their children wear masks as a precaution. While these measures may raise concerns, authorities have stressed there is no cause for alarm. The advisory outlines key preventive steps, including maintaining respiratory hygiene, frequent handwashing with soap or sanitizers, avoiding crowded places, and staying home if experiencing symptoms such as fever, cough, or sneezing.

Data on respiratory infections does not indicate any significant rise in cases compared to last year. Citizens have been urged to follow the recommended guidelines and remain vigilant, while schools continue to ensure safety measures for children in light of the ongoing concerns. — **Atiya Firdos**

PIC: KAUSHIK JN

Bodacious art gathering

Scenes from the Chitra Santhe, a day-long annual art carnival organised by Chitrakala Parishath, on Sunday. Chief Minister Siddaramaiah, who spoke at the inauguration of the event, called on art enthusiasts to support artists by purchasing their creations. "Owning an artwork not only adds beauty to a home but also fulfills the purpose of organising events like Chitra Santhe," he said

BBMP seeks loan to fund twin tunnel road project

Total project cost is estimated at ₹14,981.39 crore, of which BBMP must arrange ₹8,000 crore

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BMRCL work at Silk Board Junction

The Bruhat Bengaluru Mahanagara Palike (BBMP) is turning to financial institutions to raise funds for the construction of the twin tunnel road, which will run 120 feet below ground level.

In the first phase, the project aims to construct a north-south corridor tunnel road from Esteem Mall Junction in Hebbal to KSRP Junction at Silk Board under a public-private partnership (PPP) model. The costs will be shared between the private contractor and BBMP in a 60:40 ratio.

BBMP to borrow ₹8,000 crore

A BBMP official said, "To meet its share of the capital costs, BBMP has invited tenders to secure loans at lower interest rates. Several financial institutions, including nationalised banks and private agencies, have already expressed interest in funding the project. The bids will be opened on January 8, and BBMP will finalise the lender offering the most competitive interest rate." The total project cost is estimated at Rs 14,981.39 crore, of which BBMP must arrange Rs 8,000 crore. The remaining amount will be contributed by the private contractor.

20-year BOT model

The twin tunnel road project will be executed under the Build, Operate, Transfer (BOT) model. The selected contractor will be allowed to collect toll fees for a period of 20 years before transferring the infrastructure to BBMP. Based on project estimates, toll charges are expected to range from Rs 18 to Rs 24 per kilometre. The plan also includes Rs 800 crore for land acquisition to construct entry and exit ramps at various points.

Increased costs and specifications

The 16.67 km-long twin tunnel will feature three lanes in each tunnel, each 10.5 metres wide. Two lanes will be reserved for ambulances, BMTC buses, and police vehicles. Initially, the cost per km was estimated at Rs 500 crore, but the Detailed Project Report (DPR) revised this figure to Rs 898 crore per km.

Significant travel time reduction

"Currently, it takes nearly 90 minutes to travel from Silk Board to Hebbal, covering approximately 16 km at an average speed of 10–15 km/h due to heavy traffic. Once the tunnel road is operational, the same distance can be covered in just 20 minutes. The north-south corridor will feature several key entry and exit points, including locations at Esteem Mall in Hebbal, KSRP Junction at Silk Board, Mehkri Circle near Palace Grounds, Race Course Road, and Ashoka Pillar near Lalbagh. The tunnel will be constructed 120 feet below ground, passing beneath the existing Namma Metro tunnels, which will help minimise disruption to surface infrastructure during the project," said an official.

Global tenders by month-end

The BBMP plans to invite global tenders for the twin tunnel road project by the end of the month. Once completed, the infrastructure is expected to transform Bengaluru's traffic dynamics, offering a faster and more efficient commuting option across the city. "The twin tunnel road will be a significant step forward in addressing Bengaluru's traffic congestion, and we are confident of completing the project within the stipulated timeline," said BS Prahlad, Chief Engineer, BBMP.

Conmen capitalise on exam fever

2 cases of scams targeting competitive exam candidates expose loopholes in system

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In just one week, police have registered two separate cases of scams targeting competitive exam candidates, exposing the challenges faced by genuine aspirants striving for success through legitimate means. These cases also undermine the integrity of the examination system.

On December 28, the Vijayanagar Police arrested M Govindaraj, a Chief Ticket Inspector with South Western Railway. Govindaraj reportedly approached candidates appearing for Karnataka Public Service Commission (KPSC) exams, offering assured success for substantial sums, up to ₹50 lakh to clear the KAS prelims.

He manipulated aspirants by collecting signed blank cheques and educational certificates as collateral. During the investigation, police seized four mobile phones containing evidence of dealings with at least 46 candidates, demonstrating the scam's extensive reach.

In a separate incident, the Upparpet Police arrested Sikandar Chowdhary, who hails from Vijayapura district, from a lodge in Gandhi Nagar on January 2. Acting on a tip-off, the police raided the lodge and apprehended Chowdhary, who allegedly lured candidates through middlemen, promising success in exams like the KAS, PDO, and PSI in exchange for hefty payments.

"Aspiring candidates should avoid shortcuts, focus on their potential, and seek guidance from career counsellors provided at the government level to achieve success the right way

Police officials revealed that Chowdhary would meet candidates at the lodge to finalise these fraudulent deals. "The accused has been remanded to judicial custody, and further investigations are underway to identify the extent of his operations and connections," a police official stated.

Impact on aspirants

The recent incidents of competitive exam fraud have highlighted the severe challenges for aspirants, particularly during a period when numerous candidates are preparing for and appearing in these exams. Aspirants who fall victim to these scams often face significant emotional and financial stress, as they invest substantial time, resources, and hope into their preparations.

Additionally, these scams damage the integrity of the examination system, leading to a loss of trust among the public in the fairness of recruitment processes.

Looking for shortcuts

Scams persist because people often seek shortcuts and fall prey to gullibility, said educationist V Pradeep. "It is concerning that candidates are willing to pay large sums of money to bypass the hard work required to succeed," he stated.

He added that every government employee secures their position through competitive exams, yet numerous scams reported in the media disrupt the system, affecting those who genuinely qualify. "Aspiring candidates should avoid shortcuts, focus on their potential, and seek guidance from career counsellors provided at the government level to achieve success the right way," he advised.

Such practices not only compromise merit but also enable criminals to exploit these tendencies. Instead of resorting to shortcuts and risking financial loss, candidates should focus on their capabilities, work hard, and use career counselling provided by the government to achieve success through legitimate means, he added.

Man kills mom, dies by suicide

A fight resulted in the murder of a 41-year-old woman's by her son, who also died by suicide on Sunday, under the Surya city police station limits.

The accused identified as Ramesh (21) and the deceased, his mother identified as Mahalakshmi (41) had come to the city recently in search of a job, and were working as daily wage labourers.

According to the police, Ramesh would frequently fight with his mother, intoxicated and during one such argument on Saturday, Ramesh strangled her to death with a mobile charger. Later when he realised she was dead, he hung himself.

The police were alerted by the neighbours who noticed that there was no response when they checked. The police rushed to the spot and shifted the bodies of the duo to hospital for postmortem. The police have registered a case and further investigations are underway.

(Those who have suicidal tendencies, help is available. Please call Arogya Sahayavani no. 104 for help) **BMB**

Family lynches man to death over marriage proposal

The Gulpete police on Saturday registered a murder case against a family of four for lynching a 28-year-old man to death after he created a ruckus for not allowing him marry the girl from the family.

The incident took place in Kolar, where the deceased identified as Usman owned a gym. According to the police, he was married a few years ago and the wife was admitted to a hospital due to kidney related illness, and during this time, Usman fell in love with a distant relative and wanted to marry her.

On Saturday, when he approached the girl's family with the marriage proposal, the family denied and he created a ruckus and demanded that the family allow him to marry the girl.

Furious by this, the family members lynched him and though passersby rushed him to hospital, he was declared brought dead. **BMB**

Braille-embossed display cards to help visually impaired reach out to police

In a significant move toward inclusivity, police have introduced Braille-embossed display cards containing emergency contact numbers to assist visually impaired individuals. These cards, which are to be made available at every police station, are designed to provide immediate access to crucial information for those with visual impairments.

This initiative builds on the police department's recent efforts to train cops across stations in sign language, enabling them to assist individuals with hearing impairments who may otherwise hesitate to approach law enforcement. By addressing the communication barriers faced by specially-abled individuals, the police aim to create a more accessible and supportive environment.

"Whenever a visually impaired person visits a police station, these Braille cards will ensure they have access to the information they need without delay," Commissioner of Police B Dayananda told BM.

Collaboration with NGOs

To ensure the effectiveness of these initiatives, Bengaluru police are working closely with organisations such as the National Federation of the Blind. "We are holding discussions with the Federation and other NGOs to refine our approach and meet the community's needs effectively," the Commissioner stated, adding that the police will soon have a meeting on the same.

When asked about plans to train cops in Braille, the Commissioner stated that efforts are underway to implement the initiative, ensuring that visually impaired individuals can communicate their concerns without difficulty.

However, the proposal is still under consideration, and the Commissioner acknowledged that its implementation will take time.

"We are committed to removing the hesitation many specially-abled individuals feel when approaching the police due to communication barriers. Our officers are learning Braille as part of our broader strategy to make the process easier and more accessible," the Commissioner added.

NGOs laud initiative

Several NGOs in the city said the measures highlight the city police's progressive approach to accessibility and inclusivity. "We strongly believe in the importance of inclusivity, and this initiative is a significant step in that direction.

We deeply appreciate the Police Commissioner and Bengaluru Police for taking this forward. Such noble efforts resonate with our vision, and we are truly delighted to see this being implemented," said a member of V-shesh. **— Amisha Arya**

BWSSB set to build 17 STPs to address wastewater surge

City plans new plants with combined capacity of 583 million litres per day, costing ₹2,200–₹2,400 crore, to address treatment capacity shortfall

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Plans for new STP locations include Madiwala (75 MLD), Kadubeesanahalli (50 MLD), Kadugodi (20 MLD), Koramangala (20 MLD) , and Basavanapura (10 MLD)

To prioritise the treatment and reuse of wastewater generated in the city, the Bangalore Water Supply and Sewerage Board (BWSSB) has proposed the construction of 17 Sewage Treatment Plants (STPs) with a combined capacity of 583 million litres per day (MLD). Currently managing over 11,894 kilometres of underground drainage, the BWSSB supplies 2,225 MLD of water daily from the Cauvery, located 100 kilometres away. Of this, 85-90% is discharged as wastewater. While 33 existing STPs with a combined capacity of 1,381 MLD are operational, there remains a requirement to process an additional 907 MLD of wastewater. To address this, BWSSB plans to build new STPs at an estimated cost of Rs.2,200–Rs.2,400 crore.

Increasing wastewater generation

An official said, "Before implementing the Cauvery Stage V project, the city received 1,450 MLD of water daily, generating 1,440 MLD of wastewater. The current STPs process approximately 1,200 MLD. With the addition of the Cauvery Stage V supply, 775 MLD of water is being provided to 110 villages, increasing the total wastewater generated in the city to 2,200 MLD. To manage this surge, the construction of 17 new STPs has become imperative."

750 MLD reused

Out of the 2,225 MLD of water supplied daily, 1,440 MLD is discharged as wastewater. Of this, 1,212 MLD is treated, and 750 MLD is reused. Treated water is supplied to organisations like the Indian Air Force, ITC, BEL, and Bangalore International Airport, as well as for irrigation in Lalbagh and Cubbon Park. Plans are underway to extend treated water supply via pipelines to industrial areas in the future.

Treated water for lakes

An official added, "Under the Koramangala-Challaghatta Valley project, BWSSB plans to release 400 MLD of treated water daily to rejuvenate 145 lakes, including five in Kolar, Chikkaballapur, and rural Bengaluru. However, only 265 MLD is currently being pumped, with an additional 135 MLD required. The surplus treated water will be directed to lakes once the additional STPs are operational. Proposals will soon be submitted to the government for approval to address the growing need for wastewater treatment and sustainable water management in Bengaluru."

Proposed STPs

The proposed locations for the new STPs in city include Madiwala with a capacity of 75 MLD and Kadubeesanahalli with 50 MLD. Kadugodi and Koramangala are set to have STPs with a capacity of 20 MLD each, while Basavanapura will have one with a capacity of 10 MLD. A significant addition will be made in Bellandur with a 60 MLD facility, Mailasandra and Doddabele each housing STPs of 100 MLD capacity.

Other locations include Kogilu (15 MLD), Jogikere (5 MLD), and Abbigere (5 MLD). Additionally, UM Kaval will have a 10 MLD capacity STP, and Hulimavu and Chikkabegur will each host facilities with 15 MLD capacity. Channasandra will add another 20 MLD, Soukere will have a 28 MLD STP, and Anjanapura will feature a 35 MLD facility.

'Unfair and unjust': Citizens decry bus fare hike

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Bengaluru Bus Prayanikara Vedike (BBPV), a citizens' group advocating for better public transport in the city, has strongly opposed the recent bus fare hike announced by the Karnataka government. The group called the decision "unfair and unjust," stating that it would negatively impact the working class and discourage the use of public transport.

According to BBPV, buses are a lifeline for the majority of Bengaluru's working population. An increase in bus fares could push many commuters, especially those with two-wheelers, to switch back to private vehicles. This would not only worsen traffic congestion but also undermine efforts to promote public transport as a sustainable solution to the city's traffic and environmental challenges.

BBPV has urged the government to explore alternative ways to raise revenue instead of burdening bus users. The group suggested practical measures such as introducing parking fees on all roads, implementing congestion fees for private vehicles, particularly during peak hours, and levying a traffic cess on private companies based on the extent of private transport used by their employees. These measures, according to BBPV members, would discourage the excessive use of private vehicles and make public transport more attractive.

Opposition to costly infrastructure projects

The BBPV also criticised large-scale infrastructure projects such as tunnel roads and signal-free corridors, calling them ineffective in addressing Bengaluru's traffic woes. Instead, they recommended reallocating funds from such projects to strengthen the bus system.

"The solution to Bengaluru's traffic problems lies in bus-priority lanes and adding more buses. The need is to expand the capacity and coverage of bus services to serve more people, making public transport accessible and affordable for all," stated a BBPV member.

BBPV called on the government to prioritise measures that make public transport a viable option for everyone. These include reducing bus fares or offering free public transport, as seen in some global cities. "Making car usage expensive through parking fees, congestion charges, and traffic cess, while making buses affordable, is the way forward," they stated.

The group highlighted the environmental benefits of an efficient public transport system, noting that it plays a key role in reducing pollution and combating climate change.

BBPV condemned the fare hike, asserting that it penalises those who rely on buses. "When the need of the hour is more buses and free public transport, the government is discouraging public transport by increasing fares," they said.

The group reiterated their demand for the government to roll back the fare hike and focus on initiatives such as increasing the number of buses, creating bus-priority lanes, and improving service coverage. "A public transport system that is accessible, affordable, and available to all is the only sustainable solution to Bengaluru's traffic problem," the members added.

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Mud mess

ECC Road

Muddy roads near 6th Cross, Prithvi Layout, ECC Road, are causing accidents and stress for residents. Locals blame negligence and construction work for the issue.

Tree hazard

Pattanagere

A hazardous tree on Pattanagere Main Road near RR Temple poses a significant risk and needs urgent attention.

Road blocked

RV Road

Autos have blocked the road near RV Road Metro Station, creating a dangerous situation. Cars and bikes often face near accidents due to obstruction.

Cold winds from North India bring colder week to B'luru

City is experiencing a colder-than-usual week, with temperatures expected to dip 2-3°C below average, reaching 10-12°C, according to IMD; increased rainfall and La Niña phenomenon are contributing to unusually cold weather

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Are you feeling the biting cold? It is because Bengaluru is experiencing a colder-than-usual week, with minimum temperatures expected to dip 2-3 degrees Celsius below the seasonal average, according to the India Meteorological Department (IMD). The influence of cold winds from North India is causing a significant drop in the city's temperature. While January's average minimum temperature is 15.8°C, the IMD predicts it could fall to 10-12°C over the next week.

Cold wave grips North India

An official said, "The chill in Bengaluru is a result of icy winds blowing from northern states like Delhi, Punjab, Haryana, Uttar Pradesh, Rajasthan, and Bihar, where the cold wave has disrupted daily life. Heavy fog in Delhi led to widespread travel delays, with over 60 flights cancelled and 360 flights delayed or rescheduled on Saturday. On January 3, the city recorded a minimum temperature of 12.6°C at HAL Airport, with the average temperature hovering around 14°C. Experts note that Bengaluru could record its lowest January temperatures in a decade. Historically, the coldest January day was on January 13, 1884, when the city hit a minimum of 7.3°C. In more recent years, the lowest January temperatures recorded were 12°C on January 16, 2012, and 12.3°C on January 15, 2019."

(File photo) Experts note B'luru may hit its lowest Jan temperature

Why is it colder this year?

According to senior meteorologist Srinivas Reddy, this year's winter is slightly harsher due to several factors. "Increased rainfall has filled lakes, rivers, and reservoirs, contributing to cooler surroundings. Lush greenery from abundant rains has intensified the cooling effect.

The La Niña phenomenon, which favours colder winters, is also playing a role this season. Bengaluru and surrounding areas are likely to experience dense fog during early mornings. The maximum and minimum temperatures are expected to stabilise around 28°C and 18°C, respectively. On the other hand, northern districts such as Bidar, Kalaburagi, Yadgir, and Raichur are also witnessing significant drops in temperature, with minimum temperatures averaging around 12°C," he said.

Citizens seek justice after murder of friendly canine

Residents of Nandi Durga Road Extension mourn death of Lambu, a well-loved Indie dog, and call for accountability as police register complaint and review CCTV footage

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Residents of Nandi Durga Road Extension are grieving the death of Lambu, a local Indie dog who was a well-known presence in the area. Many residents, who had grown fond of Lambu, are seeking justice for his death and are pursuing accountability for those responsible.

The residents have reported to the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities that Lambu was stabbed by unidentified individuals on Saturday. They have approached JC Nagar Police to register a complaint but they were advised to go to Bharathinagar Police Station as the spot where the crime took place does not come under JC Nagar Police Station limits.

"We visited Bharathinagar Police Station today and lodged a complaint with them seeking stringent action against those responsible for stabbing Lambu to death. The police have assured that they will review the CCTV footage on Monday to identify the culprits," said Gagandeep S, a resident of Nandi Durga Road Extension, adding that he expects the police to apprehend those responsible for Lambu's death.

Expressing shock and concern over the incident, Guninder Singh Chandok, the caretaker of Lambu, said the dog was dear and closer to the residents in the locality. "Lambu was very helpful and friendly with the residents. It used to bark whenever strangers came to the locality. We are very sad to lose such a lovely dog which used to accompany me during the morning walk," said Guninder Singh Chandok.

Incidents of violence against strays have been reported on and off in the city

> **"Lambu was friendly with students who came to dance school. It used to wag its tail. Lambu's death is a loss to this locality and it is shocking**
> –Geethalakshmi G, dance teacher

Describing Lambu as a friendly dog, Geethalakshmi G, a dance teacher, said the dog used to visit her dance school. "Lambu was friendly with students who came to the dance school. It used to wag its tail whenever it happened to see students. I do not know what made those people stab it without mercy. Lambu's death is a loss to this locality and it is really shocking. I have been residing here for more than two decades. I have never come across such a nice dog here. The culprit should not be spared," said Geethalakshmi.

Stating that Lambu was an absolute sweetheart, Anju Lal, a resident, said that Lambu just turned up one day and took to Gagandeep's family and loved them all unconditionally. "I stay a couple of roads away and he used to visit regularly. I will miss him so much. Lambu's body was found outside Canara Bank premises in the early morning hours," said Anju Lal.

Meanwhile, Bharathinagar Police have registered a formal complaint and are investigating.

Father protests bail in Atul Subash's case

Pawan Kumar Modi, father of deceased Atul Subhash on Sunday said that his wife Nikita Singhania, Nisha Singhania and brother-in-law Anurag Singhania should not have been granted bail.

Speaking to the media, the father said "Bail has been granted to them under legal process, but they shouldn't have been granted bail. I am really worried about my grandson and where he is. We have received information from the Karnataka Police about our grandson that he is in a boarding school in Faridabad... he has been admitted to the school at a very young age which is illegal. The mother has no love for her child. She is just using him as an ATM to extort money..."

Further, he added that his late son's wife had applied for her bail stating the child as the reason.

"The mother used the child as a reason to apply for her bail. She has done this before as well...the school had winter vacations but my grandson still wasn't sent back to me. Was the school not aware that the child was being used by the mother?" he added.

The bail to the wife, mother-in-law and brother-in-law of late Atul Subhash was granted by Bengaluru's Civil Court on January 4.

The alleged accused in the case, Nikita Singhania, Nisha Singhania, and Anurag Singhania were arrested on December 15. After the arrest, all three accused were remanded to judicial custody.

According to DCP Kumar, Bengaluru Police, Nikita Singhania was arrested in Haryana's Gurugram. The other accused, including Nisha Singhania and Anurag Singhania, were arrested near Hotel Rameshwaram in Uttar Pradesh's Prayagraj.

Atul Subhash, the 34-year-old deputy general manager of a private firm, died by suicide in December 2024, in his Bengaluru apartment, leaving behind a 24-page suicide note, accusing his wife and her relatives of harassment. In his suicide note, he also alleged that a judge had demanded Rs 5 lakh to "settle" the case.

–ANI

Begur Govt School renovated by dedicated local volunteers

School which serves tribal communities renovated with crowd funded amount of ₹1.54 lakh

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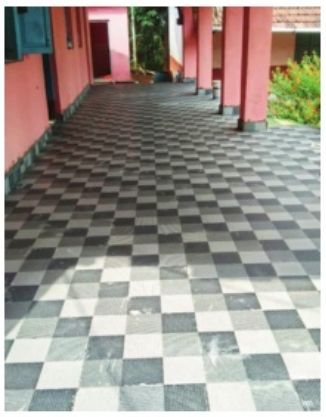
Volunteers involved a local vendor to lay tiles at a discounted rate which improved flooring in classrooms and verandah

The Begur Government School in the tribal belt of Kodagu, Karnataka, has received a much-needed facelift, with the efforts of a group of dedicated volunteers and donors. The school, which serves students from tribal communities, had long been in dire need of renovations to its classrooms, library, kitchen, and verandah.

The renovation work, completed at Rs 1.54 lakh, has transformed the school, bringing a new sense of pride and happiness to the students, teachers, and parents. From laying tiles to painting walls, the initiative has given the school a fresh, vibrant look.

"The flooring was uneven and caused a lot of problems for students, especially during the rainy season. It was getting worse over time. We decided to take action and collected funds from friends and relatives who were willing to help us," said Chaithanya Subrahmanya, a local volunteer who played a key role in the project.

The team engaged a local vendor to lay tiles at a discounted rate, which significantly improved the flooring in the classrooms, verandah, and library. "The flooring had chipped off and looked like craters. It was uneven and needed to be leveled before the tiles could be laid," Subrahmanya explained.



> **"We spoke to local vendors who provided materials at a nominal price and arranged labourers for work** – Chaithanya

In addition to the flooring, classrooms, the library, and the outside areas of the school were painted, giving the entire campus a bright, welcoming appearance. The staircase was also renovated with new tiles, enhancing safety and aesthetics.

The renovation project, which began in May 2024, was completed last month. "One of the volunteers, who is an engineer, helped execute the plan. We spoke to local vendors who provided materials at a nominal price and also arranged labourers to carry out the work. The impact of the renovation was evident during the school's recent annual day celebrations. The kids were thrilled to see their newly renovated school, and the parents were equally happy," Subrahmanya shared.

The teachers at Begur Government School have also been instrumental in supporting the school's development. In addition to their teaching responsibilities, they have taken steps to ensure accessibility for students in the remote village. "The teachers have arranged for people to pick up and drop off students, making it easier for them to attend school. Over the years, they have also contributed to the school's growth in their own ways," she said.

The renovation of the school has brought hope and joy to the tribal community it serves. "This project is a testament to what can be achieved when people come together for a good cause. We are grateful to all the donors and volunteers who made this possible," said a volunteer.

Walkathon to celebrate desi cows

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Celebrating 10 years of GoPals, a voluntary organisation aiming to promote awareness and application of native Indian cows under its health, environment, agriculture, and lifestyle programme, the organisation organized a Walk2HEAL walkathon on Sunday at Cubbon Park. The organisation aims to improve various aspects impacting an individual's well-being by keeping native Indian traditions and the native Indian cow (Bos Indicus) at the centre. The purpose of the Walk2HEAL walkathon is to promote awareness about four HEAL parameters: better health, pollution-free environment, chemical-free desi cow-based agriculture, and sustainable lifestyle. Nearly 1,500 people from all walks of life attended the Walk2HEAL event. Around 200 student volunteers from Youth For Seva (YFS) and NMIT College made this event possible.

Agriculture Minister N Chaluvaraya Swamy flagged off the event. GoPals also submitted a letter to the minister urging the welfare of the people of Karnataka. The event was attended and supported by prominent personalities like Dr Latha Venkataram (Founder WMN Healthcare Services), Tejaswini Ananth Kumar (Adamya Chetana Foundation), and Rekha Ramachandran (Founder and Secretary of Disha Bharat). The assembly point for the Walk2HEAL walkathon was at the Karnataka State Government Employees Association building in Cubbon Park. Warm-up sessions for the participants were conducted at the designated location. The route comprised a 4 km stretch, passing through Vidhana Soudha, entering Cubbon Park again, and passing through Bandstand and back to the base.

Participants also engaged in activities like 'Selfie-With-Cow.' College students performed skits and organised "Make Your Gomaya Ganesha" workshop. Desi Indian cows were present at the event, with which people took their photos. Special drawing activities for kids were also organised at the venue.

NOTES FROM THE FIELD

CCTVs to protect crops

We've all seen CCTV cameras popping up in cities, but now, even farmers are getting in on the action. With this year's coffee crop fetching great prices, the rise in thefts has left farmers no choice but to turn to high-tech security measures. In the past, thieves would raid dry coffee beans stored in the yard or steal the beans from granaries. But now, they're taking things up a notch—even cutting fresh coffee from the plants, along with the branches, and sneaking away with it. As a result, farmers are installing CCTV cameras on their farms to keep the crop safe from these crafty criminals. Farmers are investing in high-security robotic IP cameras with motion sensors, which are capable of detecting moving objects. These cameras, which can cost thousands of rupees, are installed in coffee plantations, godowns, and warehouses.

What's cooking?

The recent dinner meeting raised speculations over a change of guard in the state. PWD Minister Satish Jarkiholi told the media, "We had gathered for dinner at my residence, which is not unusual. During the meal, we discussed a few matters, including political issues. However, I have no information about any changes in the CM. Decisions regarding such matters are beyond our control. In fact, dinner meetings are not new, and the CM change rumours are baseless. The High Command alone will decide on these matters." Social Welfare Minister HC Mahadevappa clarified, "There was no specific plan or agenda for the dinner at Jarkiholi's residence. We did not discuss cabinet reshuffles or changes in the KPCC presidency. These are matters for the High Command to decide. The dinner was simply a gathering after the cabinet meeting, as invited by Satish Jarkiholi. Only developmental issues were discussed."

Women power

Haven't paid your property tax yet? Skipped your water bill? Well, brace yourself because it's not the usual officials knocking on your door anymore—it's an army of women. Mysuru City Corporation has decided to unleash the power of women's self-help groups to tackle tax and water bill defaulters. These women will go door-to-door, gathering precise details of outstanding dues, ensuring timely collection, and channeling the funds to the corporation. Despite introducing online payment systems to streamline property tax collections every year, the results have fallen short of expectations. Now, the corporation is banking on these determined women to step up, not just for property taxes but also to clean up the messy water bill scenario, which recently exposed a few shady practices.

Media report follow up

A health department issued a release recently stating that it has come to the attention through news reports, visual media, and social media that street dogs have been entering the premises of hospitals, both inside and outside, posing potential risks to inpatients, outpatients, pregnant women, and mothers with children. Health institutions are crucial spaces where patients—whether in emergency, outpatient, inpatient, or maternity wards—receive essential medical services daily. Given their sensitive nature, it is imperative that no animals, including street dogs, be allowed to enter health institutions. Hence, all district and taluk hospital heads are instructed to submit a report within one week detailing the proactive measures taken to address this issue.

APL to BPL

For years, we've heard stories of BPL cards being upgraded to APL, but Bengaluru Rural MP and cardiologist Dr CN Manjunath flipped the script with a stark reality check. Speaking at the health conclave of FC Udyami Vokkaliga on Sunday, he said, "Sky-high treatment costs are sending even upper-middle-class families straight from Above Poverty Line (APL) to Below Poverty Line (BPL) by the time they step out of hospitals," he quipped. Switching gears, Dr Manjunath raised the alarm for doctors, who, ironically, are struggling with their own health. "Doctors under 40 are dropping with heart attacks, and our average lifespan has already shrunk by 12 years. It's a glaring red flag—time to make regular check-ups a priority and draw the line for our own well-being," he urged.

— Sridhar Vivan

Game for a challenging 2025

Gukesh may have reached the utmost heights in 1 month, but he is raring to reach farther

KAUSHIK JN

D Gukesh climbed dizzying heights in the past one month, a World Championship triumph getting garnished by the Major Dhyan Chand Khel Ratna award recently, but the chess prodigy now wants to reset his focus and goals to tackle a "challenging" 2025.

Gukesh will be seen in action in the Tata Steel tournament in Wijk aan Zee in Netherlands, beginning on January 17.

The event will see participation from frontline players such as Anish Giri, Arjun Erigaisi, Fabiano Caruana and R Praggnanandhaa among others. "Yeah, 2025 will offer a very tough challenge. A lot of new and interesting tournaments are coming up. The world championship was in the past. I'm very happy about it and all the awards and receptions," Gukesh told a select media gathering during the felicitation ceremony organised by WestBridge Capital here on Sunday.

"But now, I have started thinking about new goals, new tournaments and new ways to prepare. The goal, the approach will be the same, to give my best, to keep improving myself, and win as many tournaments as possible.

"So, I am looking forward to a fun year with a lot of learning, a lot of improvements and hopefully a lot of good results," he added.

However, Gukesh will have to carry with him the tag of world champion and along with it loads of expectations and increased scrutiny. But the 19-year-old is prepared to stand in the limelight.

"Yeah, I have been used to being under the attention for a while. Obviously, after the world championship, it will be more. But the basic things I remember are to keep improving myself and accepting failures when they come.

Chess champ D Gukesh and his mentor Viswanathan Anand at a felicitation programme for the world champion in Bengaluru on Sunday

"I have started thinking about new goals, new tournaments and new ways to prepare. The approach will be the same, to give my best, to keep improving myself –D Gukesh

"I think in general, I have high expectations of myself. So, I think my aim is to meet my own expectations rather than that of others," he said.

But has he been able to handle all the adulation that has deservingly come his way

"I had thought that it (winning the World Championship) would be somewhat similar to the Candidates, but obviously it's much more. I'm grateful for all the attention and recognition.

"I guess one thing is to manage these things with the training. But after the (World Championship) match, I also need some recovery period. I've started training a bit. But it will be more serious soon," he explained.

Five-time world champion and Gukesh's mentor Viswanathan Anand said his ward's victory has brought the attention firmly back to chess.

"I think it brings back the spotlight to chess. If you project this forward, it's possible that in every single tournament there is some Indian playing that you can look forward to watching.

"So I hope a lot of the dots are connected. The audience numbers in India are very good. Now, we have regular broadcasts and everything. So, I think it will be a sport in the main line.

"Of course, Gukesh will spearhead that, especially as being the world champion. But now people are interested to see if there will be Indians playing in a tournament. So there's a lot of excitement at all stages.

"And the second effect, which is maybe even more profound, is that young players will be inspired to take up the game," Anand said. **–PTI**

BM Finance Fundas

Consumer Connect Initiative

Post Office Savings account through Aadhaar authentication

The Department of Posts has introduced a paperless Know Your Customer (KYC) process and facility to open Post Office Savings Bank (POSB) accounts and carry out transactions via Aadhaar authentication. The eKYC functionality will be implemented in a phased manner and will be operational from January 6, 2025, according to an order from the Department of Posts on January 1, 2025.

Services available in Phase 1 of eKYC functionality Phase I of eKYC functionality will involve the onboarding of new customers (Creation of Customer Information on File (CIF)) and the opening of single & individual type Post Office Savings Accounts (POSA) in Departmental Post Offices via Aadhaar-based e-KYC process.

According to the order from the Department of Posts on January 1, 2025, "Only Single type POSA (Post Office Savings Account) including Basic Savings Account can be opened on Aadhaar Authentication basis. For opening of all other types of POSA and other schemes accounts, e-KYC CIF may be created and accounts shall be opened in Finacle as per the existing process. Besides, all other operations like account closure, transfer of accounts etc. shall be performed in Finacle (Finacle is banking software application) as per the existing process on submission of applications concerned."

In Phase II of eKYC functionality, the following types of transactions will be introduced through Aadhaar authentication (eKYC) process.

- Opening and closure of accounts of other schemes viz. Recurring deposit, Time deposit, Monthly Income Scheme, Senior Citizens Savings Scheme, and transactions.
- Opening and closure of joint, minor and authorized type savings accounts, transactions in these accounts and various operations of all those accounts
- Transactions in eKYC accounts through other channels like DARPAN, eBanking, M-Banking etc.
- Closure of savings accounts of single type.

Consent for e-KYC

According to the Department of Posts order, "CIF of the customers who are willing to provide the consent for Aadhaar eKYC shall be created on Aadhaar Biometric Authentication URL, such case the details (Name of the customer, Father or Husband name, DOB, Gender, Address with PIN Code) will be fetched from Central Identities Data Repository (CIDR)

of Unique Identification Authority of India (UIDAI)."

Note that if the father's or husband's name is not fetched by the data, an option to edit the same is also available. However, if any other data is not fetched, such customer's CIF will not be created as eKYC CIF, they have to follow the existing process to open CIF.

Deposits and withdrawals

Credits and debits from Post Office Savings Account (POSA) linked with e-KYC will be allowed either on Aadhaar Authentication basis or paper-basis (voucher basis). When a deposit is made by a person other than the depositor, it will be processed by a pay-in-slip.

Consent in physical form

"Changes related to other POSB schemes and improvements in the eKYC process are yet to be made in Finacle. Till such things are made, it is proposed to obtain the consent of customers in physical form for Aadhaar e-KYC along with specimen signature of the depositor and upload the specimen signature of depositor and upload the signature in Finacle. Further, account opening form with minimum shall also be obtained," the order stated.

– Sneha Kulkarni, ET Online

Check records for tree-cutting permissions: HC

The Karnataka High Court has stated that forest authorities have a responsibility to check official records before processing applications for tree-cutting permissions. The court criticised the authorities for denying a refund to a landowner who mistakenly paid a deposit, despite not being required to do so for his property.

Justice Suraj Govindaraj issued this ruling whilst approving a petition by N. Mahabaleshwara Bhat from Biligeri village in Madikeri taluk, Kodagu district. The petitioner, who passed away during the case proceedings initiated in 2016, had paid Rs 4.33 lakh to the forest authorities for permission to fell trees on his Sagu Bane land.

Upon discovering that his alienated Sagu Bane land status exempted him from making the deposit, he sought a refund.

The forest authorities declined his request, citing that he had identified his property as Sagu Bane land in his application. The court dismissed the authorities' argument, stating that the Assistant Conservator of Forest and Chief Conservator of Forest were responsible for verifying the land's status through official records rather than relying on the application's description.

The court noted that proper verification of records would have revealed the land's alienated Sagu Bane status, as confirmed by the Deputy Commissioner's 2010 order. **BMB**

Women urged to not hide, seek police action

CONTINUED FROM PAGE 1

her ex-boyfriend demanded ₹2 lakh and threatened to share her private photos online. Cases like these reveal the deeply personal and damaging nature of such crimes.

The numbers reveal the widespread nature of the issue with 25% of sextortion cases involving perpetrators who were known to the victims. The data highlights the dual challenge women face, not only are they victims of cybercrimes, but the trust factor with known perpetrators makes these incidents even more distressing.

Apart from sextortion, women are also targeted by various other cybercriminals. Phishing scams, where fraudsters impersonate bank officials or service providers to extract sensitive financial information, are on the rise.

Fake job offers promising lucrative opportunities often lead to identity theft or extortion. Honey traps, involving fake profiles on social media or dating apps, are used to build trust and later exploit victims for blackmail.

Social media platforms, while fostering connection and growth, have also become a double-edged sword, exposing women to risks such as impersonation, unsolicited advances, and data breaches, highlighting the need for vigilance and robust digital safety measures.

Challenges

Combating cybercrimes targeting women remains a significant challenge despite intensified efforts by law enforcement. "Sextortion is a growing concern where women are being targeted and exploited, often by people they know and trust. These miscreants use private photos and videos to intimidate and blackmail victims, threatening to expose their personal lives. Unfortunately, in some cases, women hesitate to report such incidents, which only worsens the situation," a senior police official said, adding that the victims should come forward and file complaints to combat this menace.

Mirza Faizan Asad, a cyber security expert, said that the Indian laws provide strong protections against sextortion, including IPC sections 354C and 509, and IT Act provisions like Sections 67 and 66E, which address privacy violations and obscene content.

"Victims can anonymously report incidents via the National Cyber Crime Reporting Portal or helplines like 1930, staffed with trained officers," he said, while stating that women should take proactive steps to safeguard themselves by avoiding sharing private content, even with trusted individuals, updating privacy settings, using strong passwords with multi-factor authentication, and securing sensitive data on devices.

Law enforcement also ensures victims' identities remain confidential to protect against societal backlash. In a digital era, safeguarding online presence is as critical as personal safety.

Education plays a key role, with workshops in schools, colleges, and workplaces needed to raise awareness about sextortion and reporting mechanisms. Additionally, while some states have digital safety apps, similar initiatives are essential for cities like Bengaluru.

Test safety of drugs before veterinary use: Experts

CONTINUED FROM PAGE 1

Institute," said Dr. Percy Awari, a veterinarian and a vulture conservationist.

Dr Awari further added that one of the reasons veterinarians prefer non-steroidal anti-inflammatory drugs (NSAIDs) such as Nimesulide is because they consider it to be more effective compared with vulture-safe alternatives.

"Veterinary Council of India to ensure that awareness around such drug misuse is made part of the curriculum. Diclofenac is a musculoskeletal drug but was being used for other ailments such as fever and pre-and post-surgery recuperation. This misuse should be avoided," he added.

Long-term solution

According to Chris Bowden, co-chair of the Vulture Specialist Group at the International Union for Conservation of Nature, while the recent ban will help in the revival of the vulture population, there are some caveats. He says the only long-term solution is to insist on safety-testing of other NSAIDs before they are licenced for veterinary use, as set out by the UN Convention for Migratory Species, to which the Indian Government is a signatory.

"There is no clause prohibiting large vials of 'human Nimesulide' so we are hoping that there will be a further step from the Government to prevent the potential loophole which might allow irresponsible manufacturers to continue sales masquerading as a human product. Of course, it is an important step, but leaves the issue of untested drugs (on vultures) being licenced and then this drawn-out process to test and then ban those we prove are toxic, with the inevitable huge time lag that may well prove fatal for vulture populations," said Bowden.

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I Veena W/o Santosh Kumar M R/o 44/1, 17th cross, Malleswaram, Bangalore have changed my name from Veena Santosh Kumar to Veena for all future purposes.

I Channakeshava Narayappa S/O, Narayanappa R/o N0-17,gokula Nilaya,2nd Mn,nr St Claret Gate 1, sharadambanagar, jalahalli, bengaluru, 560013, have changed my name to Chenna Keshav Narayanappa.

I Vijayakumar Vaithilingam S/O, Vaithilingam R/o # 190 1st Floor Ms Compound 4th Cross Chikkabanaswadi Kalyananagar Post Blr-560043 have changed my name to Vijayakumar.

I Chandrakala Namakeerthi W/O, V Namakeerthi R/o # 14 Vmv Grapes Garden Kalkere Main Road Next To Bharat Gas Horamavu Blr - 560043 have changed my name to Chandrakala A S.

I Nafisa Tarannum Hussain D/O, Iqbal Ahmed R/o No 32 5th Cross Muniveerappa Layout Shampura Bangalore Karnataka - 560045 have changed my name to Nafisa Taranum.

I Manjunath S/o Yeshwant M Kamat R/o 3rd Mn 2nd Cr Shreyas Colony, J P Nagar Bangalore have changed name Manjunath Y Kamat for all purpose

I Suresha.t S/O, Thimmegowda R/o N0-08,13th Blk,anandarao Circle Police Quarters, Sc Rd,opp Keboffic,gandhi Nagar,bengaluru-560009 have changed my name to Suresh.t.

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Jan: 19*, 20, 26*, Feb:2*, 3, 9*, 10, 16*, 17, 23* 24
ANDHRA PRADESH/HYDERABAD* 10/6* DAYS
Jan: 11, 21, 26* Feb: 1, 11, 21 Mar: 2, 11, 21, 31
GOA SPECIAL*/NAVAGRAHA 5*/4 DAYS Jan: 19*, 20, 26*, 27
SOUTH INDIA 11 DAYS EX: HUBLI Jan: 15, 26

HEALTH TIP: Oregano oil may be a more powerful antifungal than other products that are available and can inhibit and treat fungal skin infections

Holy basil can act as a home remedy to many other health benefits as well such as cough, congestion

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New mom blues

How traumatic birth experience can affect breastfeeding

Giving birth can be a moment of intense joy. But for some mothers, the experience of childbirth can be distressing and can bring lasting trauma.

Birth trauma can result from both physical complications and psychological distress. It often arises when mothers feel unsupported, unheard, or out of control during labour. Research suggests that as many as one in three mothers find their experience of giving birth traumatic, and around 4% develop post-traumatic stress disorder (PTSD). This trauma can lead to exhaustion, emotional strain, and prolonged physical recovery.

These birth experiences can also affect breastfeeding. My research has found that mothers who felt satisfied with their clinical care and perceived their birth experience positively were more likely to breastfeed their children. These mothers were also more likely to continue breastfeeding beyond their baby's first birthday.

Positive care, characterised by feeling respected, supported, and informed, helps build maternal confidence — a key factor in successful breastfeeding.

On the other hand, mothers who experienced distress or dissatisfaction during childbirth were less likely to breastfeed or to continue breastfeeding for long periods.

A traumatic birth can interfere with early bonding, causing mothers to feel emotionally detached or numb. This emotional detachment, coupled with societal pressure to breastfeed, can heighten mothers' feelings of inadequacy or guilt.

Some mothers describe feeling as if they are on autopilot, going through the motions of caring for their baby without emotional connection. Others describe an intense pressure to continue breastfeeding despite the psychological distress they were experiencing.

For others, breastfeeding can become a painful reminder of the trauma, deepening feelings of inadequacy or guilt. These psychological struggles can lead to mothers avoiding breastfeeding altogether to protect themselves from reliving the trauma.

Physical challenges can also have an impact. Recovering from a traumatic birth, especially after emergency interventions such as a c-section or instrumental delivery, can make breastfeeding physically demanding. Pain, fatigue, and restricted mobility can make positioning the baby or achieving a proper latch difficult. When combined with emotional distress, these physical hurdles can lead to frustration and to ending breastfeeding.

Mothers who experience birth trauma can face significant challenges with breastfeeding, but several strategies can help. One is trauma-informed care: an approach where healthcare providers understand and recognise the impact of trauma on a person's wellbeing.

Instead of focusing solely on the physical aspects of post-partum care, these professionals also consider the emotional and psychological challenges their patients might be facing. Compassionate healthcare providers can ensure mothers feel supported and understood.

> **Mothers who felt satisfied with their clinical care and perceived their birth experience positively were more likely to breastfeed their children**

For new mothers who have experienced a traumatic birth, this means receiving care that is tailored to the emotional scars of their traumatic experiences, ensuring they feel genuinely supported and understood.

Emotional support, through counselling or peer groups, can help mothers process traumatic experiences and reduce isolation.

Practical help from lactation consultants can address issues like latching and milk supply, making breastfeeding less stressful. Finally, a strong network of partners, family, and friends can provide reassurance and practical assistance, creating an environment where mothers feel empowered to navigate breastfeeding and recovery.

Motherhood after trauma

A traumatic start doesn't have to define the journey of motherhood. For some mothers, breastfeeding becomes a pathway to reclaim control and heal. It can transform their trauma into a source of strength. In these cases, breastfeeding represents a personal triumph — a way to affirm their role as mothers. However, it's essential to balance determination with self-care. Seeking support is not a sign of failure but a necessary step toward recovery.

While breastfeeding offers numerous health benefits, it may not be essential for mother-child bonding in the long term. Recent findings suggest that bonding quality does not significantly differ between breastfeeding and formula-feeding mothers.

Furthermore, the duration of breastfeeding does not necessarily impact the strength of the maternal bond. What truly matters is fostering a loving, supportive relationship – whether through breastfeeding or other nurturing interactions.

Birth trauma is undoubtedly a difficult beginning. With the right support, though, mothers can heal, regain confidence, and build strong bonds with their babies — whether through breastfeeding or other means. Positive clinical care and understanding birth trauma are essential for supporting mothers. This can help them move from a challenging start to a fulfilling experience of motherhood.

(By Valentina Sclafani, University of Lincoln, The Conversation)

MIRRORLIGHTS

Why patients worry more after seeing incomprehensible medical test results

Medical reports worldwide are not written with patients in mind, which increases their overall level of worry as they find test results hard to understand, according to researchers.

For example, a standard pathology report is written by a pathologist for a clinical specialist like a surgeon or a cancer doctor or for other pathologists to read, said Cathryn Lapedis, of the Department of Pathology at University of Michigan Health in the US. In a study published in the journal JAMA, Lapedis and her colleagues tested whether people could understand standard pathology reports and whether a patient-centred report might improve patient understanding.

A patient-centred pathology report gives important information on the patient's diagnosis in a clear format that minimises medical terminology, she said.

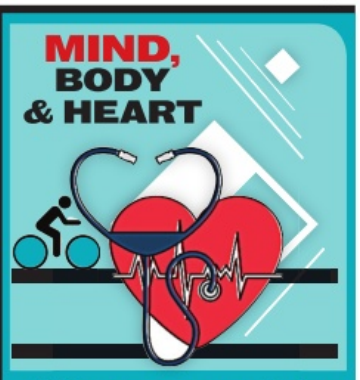
For example, a standard pathology report will include a term like prostatic adenocarcinoma, but the patient-centred report will simply call it prostate cancer.

The team recruited 2,238 adults, aged 55 to 84, who had a prostate but no history of prostate cancer. Participants were provided with a hypothetical scenario in which they were seeking care due to troubling urinary symptoms, received a biopsy and then would receive results from that test through their patient portal.

They were also asked to report their level of worry based on the results. "We found that most people cannot get basic information — like whether or not they have prostate cancer from standard pathology reports. For example, in our participants reviewing the standard University report, only 39 per cent could accurately identify that the report showed cancer," said Lapedis.

However, 93 per cent of those who received the patient-centred pathology report accurately identified that the report showed prostate cancer.

Participants' level of worry was more closely associated with their risk level. The study authors recommend that hospital systems consider including patient-centred pathology reports with standard reports to improve patient understanding. —IANS



All you need to know about...

How to whiten teeth

1. Oil pulling
Oil pulling involves swishing oil around in your mouth, allowing it to flow between your teeth. You may use sesame or coconut oil. Basically, the oil binds together the bacteria and other toxins from the mouth and throws them out of the cavity.

2. Activated Charcoal
Activated charcoals work their magic by adhering to all residues on the tooth surface, including plaque, bacteria, and external stains, ensuring that brushing effortlessly clears the tooth surface of any buildup.

3. Banana and orange peel
You can try rubbing banana peels or orange peels on your teeth. It might help make your teeth whiter naturally. Rubbing it on teeth without putting too much pressure can help get rid of any stains.

4. Pineapple
In Pineapple, enzymes like bromelain, catalase, and polyphenol peroxidase are believed to have helpful effects.[5] Pineapple can be chewed thoroughly for extra lightening of the teeth.

5. Papaya
Incorporate papaya into your oral hygiene routine to further promote healthy teeth. Papaya is said to be rich in Vitamin C and super good for gum health.

6. Apple cider vinegar
Not only apple cider vinegar is well known to remove stains off our clothes but it does wonders when it comes to our teeth whitening as well. It can further kill the bad bacteria present in the mouth.

7. Dairy products
Get that glass of milk and get that instant boost of calcium. Milk helps kids' teeth and bones grow strong. Adding fluoride to water makes teeth even stronger and protects them as they grow. -Femina

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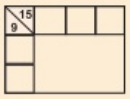
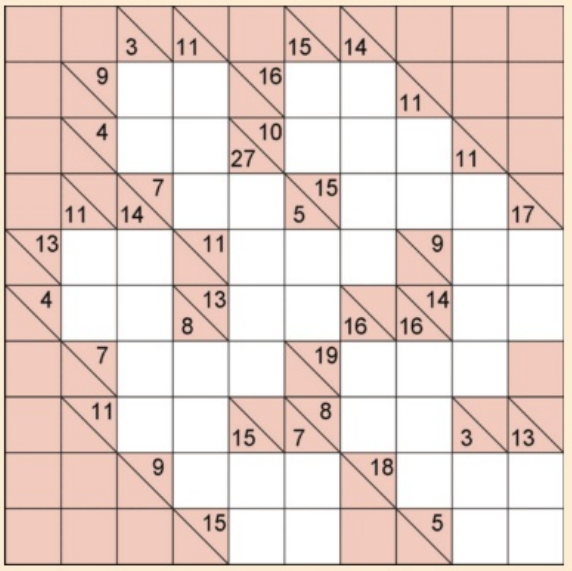
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

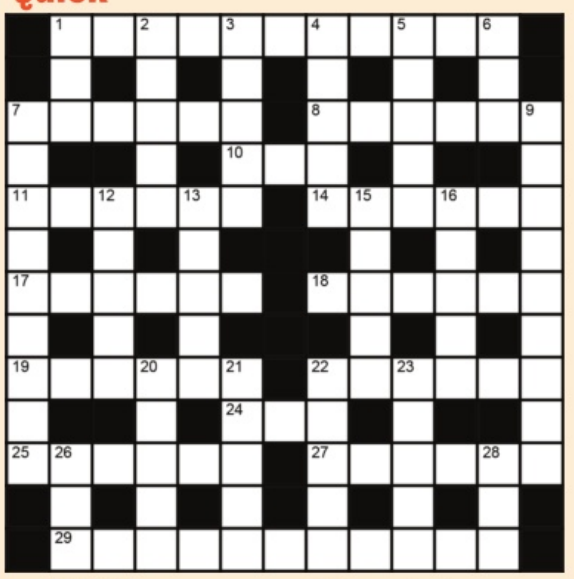


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Mal de mer, as the French call it? (11)
7 Smitten (6)
8 African country (6)
10 Green prefix? (3)
11 Sent the ball in a high arc? (6)
14 West Indian sorcery? (6)
17 Having a low pH (6)
18 Rapping sound of door knocker (3-3)
19 Obvious and distinct (6)
22 Gilded bronze; a gold-coloured alloy (6)
24 Assoc in App Science (3)
25 Swaps, deals in (6)
27 Midday meal in India (6)
29 Half the formula to become healthy, wealthy and wise? (5,2,4)

DOWN

1 Drunkard (3)
2 An ____ / a grown-up person? (5)
3 Annoyed (5)
4 Ballet company (5)
5 Muse of poetry (5)
6 Soapy water or soap bubble (3)
7 Area famous for its invitation card shops (9)
9 Volte-face (5-4)
12 Mock attack (5)
13 French spa town (5)
15 Elated, as in, "walking __ ___ "? (2,3)
16 Same again (5)
20 Downy duck (5)
21 Savoury, it could be relished (5)
22 Bone prefix (5)
23 Civilian clothes (5)
26 Have regrets (3)
28 Wrath (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS G

NREFIJEFN IUF WBFQLFNI EJLLRLN WREF XLRE IURNF MUR QLF RPINJOF BRRYJTH JT.

Linemaro

If I got a star for every time I thought of you, I'd have a whole galaxy

Mindchow

Love all, trust a few, do wrong to none

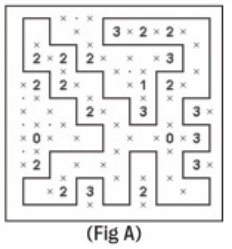
Joke of the day

Today, I woke up an optimist. He punched me in the face

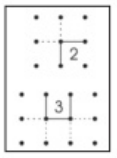
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

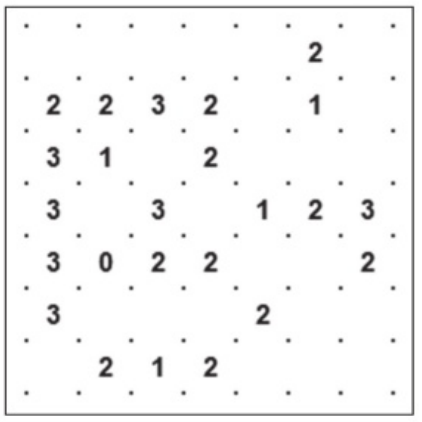


(Fig B) Not Allowed

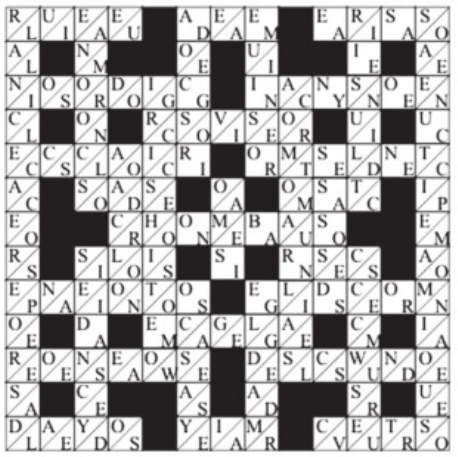
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



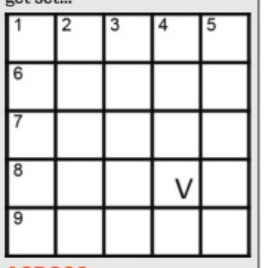
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Snips; 6 Liana; 7 Re tut; 8 Verne; 9 No rig

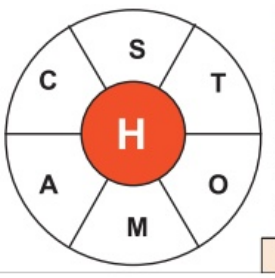
DOWN

1 Lungs; 2 Apter; 3 It nor; 4 Eva in; 5 Resin

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

1	7						2	8
			7		4			
6		9				3		7
		7	6	9	3	2		
	8						1	
		2	8	4	1	7		
4		5				8		6
			2		6			
8	3						7	2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11
1 2 5 7

Medium = 24
2 6 8 8

Hard = 7
1 6 7 2

Hocusfocus

Find at least six differences in details between panels.

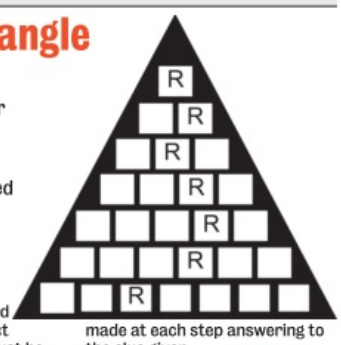
Differences: 1. Ladder is longer. 2. Sign is different. 3. Belt is added. 4. Button is added to shirt. 5. Mouth is different. 6. Label is added to paint can.

Riddler

Two cowboys live next door to each other and both have a corral for their cows in the back. One day they meet at the back of their homes, standing next to a wall dividing their corrals. The first cowboy gets to thinking and asks his neighbour for a cow so he can double his herd. The other cowboys replies, "That's fine by me partner, cuz then we'll have the same number of cows?" How many cows does each cowboy own?

Alpha triangle

1 18th letter
2 Either
3 Mythical monster
4 Central part
5 Tally
6 Origin; seed
7 Paint the town red

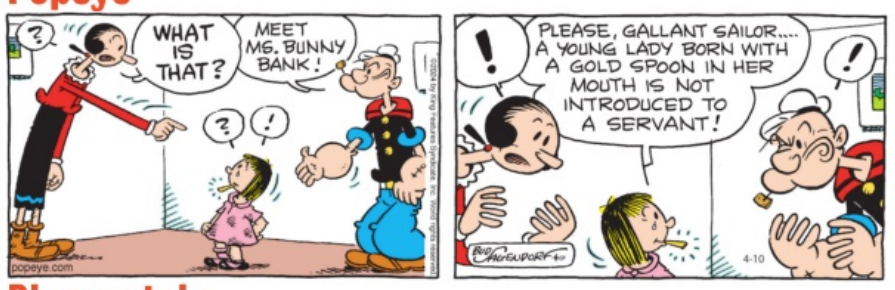


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


WHAT IS THAT?
MEET MS. BUNNY BANK!
PLEASE, GALLANT SAILOR.... A YOUNG LADY BORN WITH A GOLD SPOON IN HER MOUTH IS NOT INTRODUCED TO A SERVANT!
popeye.com

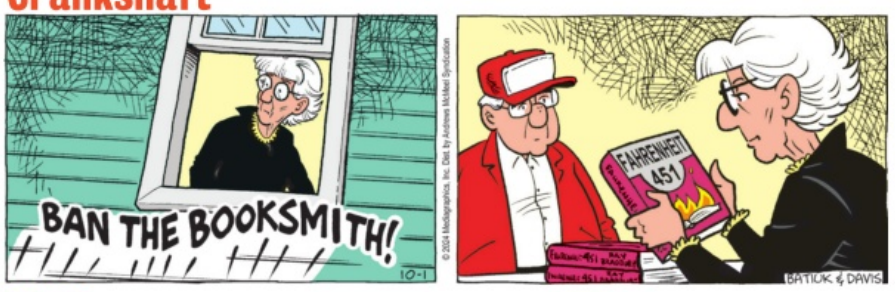
Bizarrotrip

Diamond Lil

Hart of the city

WHO WAS THAT BOY YOU WERE TALKING TO?
THAT'S TOBY. HE'S NEW.
HE'S CUTE.
YOU'RE TOO LATE, DANA. I'VE ALREADY CLAIMED HIM.
YOU SURE ABOUT THAT?
HEEHEE, YOU'RE SO FUNNY, TOBY!

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a positive day for you. The efforts you've put in both professionally and domestically are likely to pay off. You'll have good focus and be able to complete your tasks on time, boosting your self-confidence. A short work-related trip may come your way, which will be beneficial for expanding your network shortly.

Taurus Apr 21 – May 20
Today, you may find yourself busy with domestic issues. You may spend money on household items or artefacts, but be cautious about excessive spending on unnecessary things, as it may bring negative energy into your home. Additionally, be mindful of your speech, as harsh words could affect your relationships.

Gemini May 21 – Jun 21
Today, you'll likely find comfort after overcoming a chaotic situation. Your vitality will enable you to make important decisions in your family business, helping it grow. You may also lend a hand to those in need, increasing your social respect. Students may gain clarity in choosing their future career paths.

Cancer Jun 22 – July 23
Today, you may feel a bit dull, and your health may not be in the best shape. Anxiety and restlessness could make you uneasy. It's advised to delay any important investments in business or real estate. Avoid rushing while driving and long-distance travel. Meditation could help calm your mind and improve your sleep.

Leo Jul 24 – Aug 23
Today, blessings from elders will bring you happiness. Your investments may begin to pay off, turning past losses into profits. Your savings may boost your bank balance, and you might consider investing for your children's future. Enjoying delicious food at home could lift your spirits, and health issues related to your throat, teeth, ears, or nose may resolve.

Virgo Aug 24 – Sep 23
Today, you are blessed by elders, and your patience will be at its best. Your focus at work will be sharp. Your parents' health may improve, and you may spend time with them. Meeting influential people could help advance your professional endeavours. You may also enjoy some romantic moments, strengthening domestic harmony.

Libra Sep 24 – Oct 22
Today, you may feel spiritual and compassionate, helping those in need. You may plan to donate to charity or a religious place, and your good karma will help you succeed in difficult projects. You may feel the presence of divine energy guiding you through unexpected situations. Students may enjoy studying deeply.

Scorpio Oct 23 – Nov 22
Today, you might feel dull, and hidden fears may cause anxiety. Trust issues could make it hard for you to rely on others. Meditation and prayer are advised to help you overcome these hypothetical challenges. Late in the evening, with the blessings of elders, you may find peace and clarity.

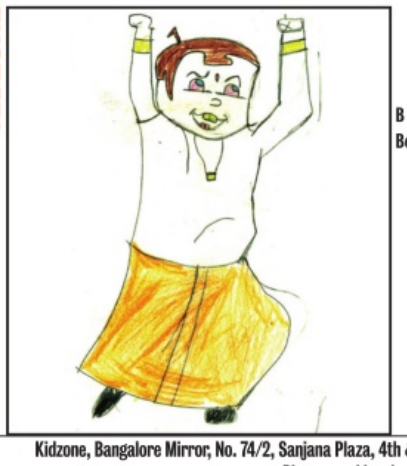
Sagittarius Nov 23 – Dec 22
Today, you'll be busy at work, and your network will grow. With the help of these new connections, you may land a big order that benefits both your business and career. Innovation in partnership is likely to take off, and investments in your business will help it grow. Those involved in films, glamour, household items, or interior design will find success.

Capricorn Dec 23 – Jan 20
Today, you may spend time in self-reflection, which will boost your confidence. Your focus on your goals will become clearer, and you'll make progress toward achieving them. Your creativity will improve, and you may take an interest in art, movies, and real-life objects. By the end of the day, you'll feel satisfied, and your opponents will be under control.

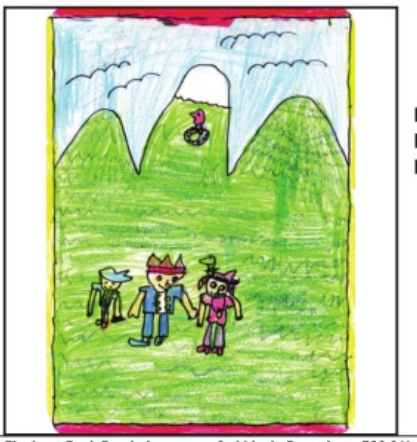
Aquarius Jan 21 – Feb 19
Today, you'll help those in need, which will enhance your reputation in your community. New ideas may come to you, and you may implement them at work, leading to business growth. Lovebirds may plan an outing or an adventurous trip together.

Pisces Feb 20 – Mar 20
Today, you may feel dissatisfied and detached from your responsibilities, leading to confusion. You may plan projects hypothetically, but it's important to stay practical and focused to complete tasks on time. Take extra care of your parents, and if you're considering migrating, it's advisable to postpone it for a few days.

KIDZONE



B Manasvi
Bengaluru



Michelle Rebello, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=3/54 / 3/24
=3/3√18 / 3/3√8
=√18 / √8
=3/2 / 2/2
=3/2

QUOTE UNCODE
Sometimes the clearest mirrors come from those who are out_side looking in.

FAST FIVE

S	P	I	N	S
L	A	N	A	I
U	T	T	E	R
N	E	R	V	E
G	R	O	I	N

RIDDLER
We'll use A to represent the first cowboy and B for the second cowboy.
A + 1 = 2A, so A = 1. A + 1 = B - 1, so B = 3.

STRIKE OUT

L	I	E	U	D	A	M	E	R	A	S
A	N	E	I	E	E	A				
N	O	R	D	I	C	N	A	N	S	E
C	O	R	O	V	E	R	R	U	C	
E	C	L	A	I	R	O	M	E	L	E
C	S	A	S	A	O	A	T	I		
O	R	H	O	M	B	U	S	M		
R	S	O	S	I	R	E	S	O		
P	A	I	N	T	S	G	I	D	E	O
O	D	E	A	G	L	E	C	I		
R	E	N	E	W	S	E	S	C	U	D
A	E	S	R	V	E	T				
A	N	E	I	E	E	A				
L	A	Y	S	Y	A	M	V	E	T	S

QUICK

S	E	A	S	I	C	K	N	E	S	S
O	D	R	I	R	U					
S	T	R	U	C	K	R	W	A	N	D
U	E	L	E	C	O	T				
L	O	F	T	E	D	V	O	O	O	O
T	E	V	N	I	U					
A	C	I	D	I	C	R	A	T	T	A
N	A	I	R	E	S	S				
T	R	A	D	E	S	T	I	F	I	N
E	I	A	S	U	R					
P	A	T	E	N	T	O	R	M	O	L
N	A	I								
E	A	R	L	Y	T	O	R	I	S	E

MENSA PUZZLE
Q. Taking each pair of letters in each row, the numerical value of one letter equals the inverse numerical value of the other letter.

BULL'S EYE
cash, chasm, mach, macho, mash, match, math, mocha, moth, oath, sham, sheat, shot, STOMACH

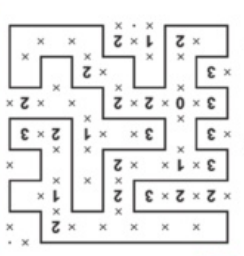
SUDOKU

8	3	6	4	5	9	1	7	2
7	9	1	2	8	6	5	4	3
4	2	5	3	1	7	8	9	6
9	6	2	8	4	1	7	3	5
3	8	4	5	7	2	6	1	9
5	1	7	6	9	3	2	8	4
6	4	9	1	2	8	3	5	7
2	5	8	7	3	4	9	6	1
1	7	3	9	6	5	4	2	8

ALPHA TRIANGLE
R, Or, Ore, Core, Score, Source, Carouse.

GO FIGURE
Easy
5 + 7 + 1 − 2 = 11
Medium
8 + 6 + 2 + 8 = 24
Hard
2 x 7 − 6 − 1 = 7

LOOP



KAKURO

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India's big moment at Golden Globes

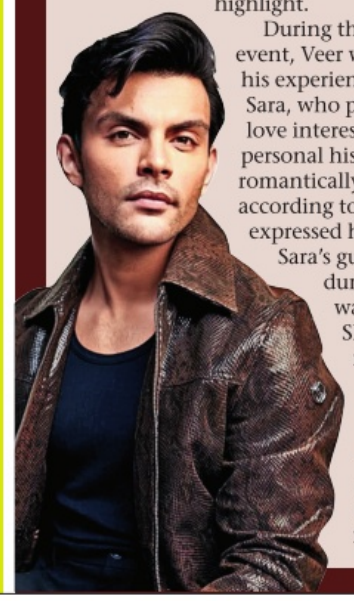
The excitement is building as the 82nd Annual Golden Globe Awards approach, and all eyes are set on the prestigious ceremony taking place at the Beverly Hilton Hotel in Los Angeles.

This year's Golden Globes are not just about Hollywood heavyweights, as India also has a chance to make its mark, thanks to 'All We Imagine As Light', a film directed by Payal Kapadia that has earned two significant nominations. The ceremony, airing live on January 5 (US time), promises a star-studded evening, with comedian Nikki Glaser taking the stage as the first-ever woman to host the Golden Globes solo. The night will honour the best in film and television.

The awards ceremony, however, holds special significance for India, with 'All We Imagine As Light' securing nominations in the Best Director category for Kapadia and Best Motion Picture in a Non-English Language. Kapadia will compete with notable filmmakers such as Jacques Audiard (Emilia Perez), Sean Baker (Anora), and Edward Berger (Conclave). **–IANS**

Support from Sara

Veer Pahariya thanks co-star for her help during his debut film



Debutant Veer Pahariya is gearing up for his first film, 'Sky Force', an intense aerial action-drama set against the backdrop of the 1965 India-Pakistan Air War. The film's trailer, launched on Sunday at a grand event in Mumbai, has already generated buzz, and Veer's chemistry with co-star Sara Ali Khan is a key highlight.

During the trailer launch event, Veer was candid about his experience working with Sara, who plays his on-screen love interest. The duo shares a personal history, having been romantically linked in the past, according to reports. Veer expressed his appreciation for Sara's guidance and support during the shoot. "She was very supportive. She has a lot of experience in the industry already, so she helped me a lot. I am very grateful. Thank you, Sara!" he said, acknowledging her role in making his debut journey smoother.The film's producer, Dinesh Vijan, lightheartedly teased Veer about his camaraderie with Sara, playfully referring to her as his "stree," a nod to his production house's earlier success, Stree.

Sky Force promises to be a gripping patriotic entertainer, with Veer and Akshay Kumar portraying Indian Air Force officers leading a critical mission. The trailer showcases high-octane action, emotional drama, and an inspiring narrative. Meanwhile the trailer is getting mixed reactions from the viewers. One Twitter user wrote, "Impressive trailer with very good visuals and dialogues." Another wrote, "What a bad VFX of planes, and all the scenes are brown in VFX. Flop loading for Akshay Kumar," a user posted. **–ETimes**

Incredible start to 2025 with family

American popstar Nick Jonas shared that he had an incredible 2025 start with his wife Priyanka Chopra and daughter Malti in Turks and Caicos. Nick took to Instagram, where he shared a string of pictures of himself along with his family. In one image, the singer is seen holding a glass of Espresso martini, while in another he is seen posing with Priyanka and Malti in the water at the beach.

He also shared some glimpses of the lavish villa they were staying in. For the caption, he wrote: "What an incredible way to kick off 2025 with some much needed family time in the paradise that is Turks and Caicos. Thanks @airbnb and @bchesky for helping us make so many memories. Happy new year everyone!"

Priyanka on Saturday had shared a string of similar pictures featuring Nick and Malti. She revealed that her goal for 2025 is "abundance" in joy, happiness and peace. She wrote as the caption: "Abundance. That is my goal for 2025. In joy ,in happiness and in peace. May we all find abundance this new year. So grateful for my family..." **–IANS**

Selena's 'pet peeve'

Hollywood star-singer Selena Gomez, who began her career as a child actress, has said that her pet peeves are people who are late.

Gomez, who recently announced her engagement to record producer Benny Blanco, told W Magazine: "My pet peeves are people who are late."

She also dislikes being given preferential treatment just because she's famous, reports femalefirst.co.uk.

She said: "I don't like how people treat other people if they treat me differently. I notice those things very quickly. Because I have lovely people in my life that have nothing to do with the industry, and I really pay attention to how people treat my friends...."

Gomez recently was seen alongside Karla Sofía Gascon and Zoe Saldana in 'Emilia Perez'. She revealed that she relished the challenge of performing in Spanish in the crime-comedy film. She shared: "I was extremely proud to speak Spanish..." **–IANS**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Teaser unveiled

Politician-cum-advocate Sudarshan Sundaraj from Bidar has been busy arranging for the release of his maiden movie Sher. The movie went on floors at Kanteerava Studios more than two-and-half years ago. Sher is director Prasiddh's third movie. Krish debuted as a villain in Sandalwood with this movie. Krish is the son of producer Sudarshan Sundaraj.

"Sher is my third movie as a director. I always give more importance to entertainment than conveying a message to society because the audiences want entertainment. It (Sher) is an out and out entertainment movie," Prasiddh said.

The director said the movie revolves around a group of people and a politician. "The movie is about a tussle between a politician and some people who want to encroach on an orphanage. The hero and the heroines in the movie are orphans and they depend on the APMC market for livelihood. The climax is how they protect the orphanage from vicious people," the director said. He said the movie was shot in and around APMC market near Chikkaballapur and its post production works are in progress.

Item song released

One more movie set against the backdrop of agrarian problems is in the making in Kannada. The movie – Athani- is being banrolled by Vasudeva R Doddahejjaji, a farmer, under the Abhay Kushi Movies banner. Director Samarth M debuts as a hero in Sandalwood with this movie.

A function was organised at Dibbur near Tumakuru to release one of the songs of the movie. The song – Baare Baare – is written by Raju Chitrapura, sung by Swathi Shankar and Harsheev Bhageera. Harsha Kugodu has scored its music.

Athani revolves around farmers' problems, but it has elements such as love, suspense, and comedy. It has five songs. "It is my third movie as a director and the first movie as a hero. I have helmed Rudra Kanave and Nava Ithihasa. Athani is a work of fiction. Some real incidents, including reservation in jobs and land reforms, inspired me to write the script for this movie," said Samarth. Madhu from Hubballi is paired opposite Samarth.